NH CONFIDENTIAL **HIV COUNSELING & TESTING SITES**

Berlin

Coos County Family Health Services 752-2040

Claremont

Planned Parenthood 542-4568

Concord

Capitol Region Family Health Center 228-7200 x 4872

Conway

White Mountain Community Health Center 447-8900

Dover

Avis Goodwin Community Health Center 749-2346

Franklin

Franklin Family Planning 934-4905

Greenland

Feminist Health Center 436-7588

Keene

Planned Parenthood 352-6898

Laconia

Laconia Family Planning 524-5453

Lancaster

Weeks Medical Center 788-5090

Lebanon

Dartmouth Hitchcock Medical Center 650-6060

Littleton

Ammonoosuc Community Health 444-2464 x101

NH CONFIDENTIAL **HIV COUNSELING & TESTING SITES**

Manchester

Manchester Health Department 624-6466

Nashua

Nashua Area Health Center Teen to Teen Clinic 883-1626

Nashua

Nashua Community Health Department 589-4500

Ossipee

Ossipee Family Planning 539-7552

Plymouth

Plymouth Family Planning 536-3584

Rochester

Avis Goodwin Community Health Center 749-2346

West Lebanon

West Lebanon PPNNE 298-7766

Whitefield

Whitefield Family Health 837-2333

New Hampshire **AIDS Hotline** Toll Free (800)752-2437

New Hampshire Health & Human Services

Division of Public Health Services STD/HIV Section 29 Hazen Drive Concord, NH 03301 Phone: (603)271-4502 NH Toll Free: (800)852-3345 x4502

Confidential



Counseling



Testing

WHAT IS HIV & AIDS?

HIV is the virus that causes AIDS. People can have HIV for years without feeling or looking sick, but they can still pass the virus to others. HIV damages the immune system, which protects the body from disease. HIV turns into AIDS when the immune system is too weak to fight other infections or diseases.

HOW CAN I GET HIV?

HIV lives in semen, vaginal fluids, blood and breast milk of a person with HIV and can be passed:

- During anal, vaginal and/or oral sex.
- While sharing needles and equipment to inject drugs.
- From a mother to her baby during pregnancy, childbirth or breastfeeding.

WHY SHOULD I GET AN HIV TEST?

- It is possible to feel healthy and still be HIV positive.
- It is possible to spread HIV to other people even when you do not feel sick.

THE ONLY WAY TO KNOW FOR SURE IF YOU HAVE HIV IS TO HAVE AN HIV TEST!

WHEN SHOULD I GET AN HIV TEST?

When and how often you get tested depends on you.

- Some people get tested every few months or every year as part of their regular medical care.
- If you think you were exposed recently to HIV, it may take 3 months or more for you to get an accurate HIV test result. This is called the window period.

WHERE CAN I GET HELP IF I AM HIV POSITIVE?

If you test positive, the testing site can give you names of medical and social service providers who can help you. Services are also available to tell your partners about their possible exposure to HIV without telling them who you are.

WHAT HAPPENS WHEN I GET AN HIV TEST?

- First someone will talk to you to and explain what will happen.
- A healthcare worker will take cells from your cheek with a cotton swab or a little blood from your arm with a needle.
- The test will be sent to a lab and be processed for HIV antibodies.

WHAT ABOUT RAPID TESTING?

- A rapid test will give a preliminary result in 20 minutes.
- Preliminary HIV positive results must be confirmed with another test performed at a lab.

WHAT DOES A NEGATIVE HIV TEST RESULT MEAN?

A negative HIV test result means no HIV at the time of your test.

- This may mean that you do not have HIV.
- It might also mean you have HIV, but your body has not made HIV antibodies yet and you will need another test.
- Get tested again at least 3 months after any risky behavior.

WHAT DOES A POSITIVE HIV TEST RESULT MEAN?

A positive test result means HIV antibodies were found within your body:

- This means you have HIV.
- You need to find a health care provider.
- Early treatment can help slow the progress of the disease and help you stay healthy.
- You can transmit HIV to your sex and/or needle/works-sharing partners.
- If you are pregnant or nursing, your baby may also be at risk for HIV. Proper medical care can help you stay healthy and reduce the risk of transmitting the virus to your baby

ARE MY HIV TEST RESULTS CONFIDENTIAL?

Laws protect your confidentiality. All testing sites strictly follow the confidentiality provisions of RSA 141-F: 7 and 8.